



WINGSPREAD

RANDOLPH AIR FORCE BASE

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62nd Year, No. 9 • MARCH 7, 2008



HERITAGE PARK OPENS

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command
ceremony Mar. 14*

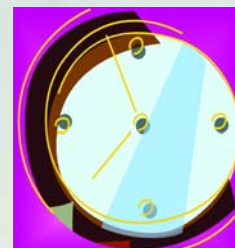
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*Air Force leaders
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*Ro-Hawk girls'
track team gears
up to take state
title for third year*

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IT'S THAT TIME AGAIN

*Don't forget to
set your clock
forward one hour
at 2 a.m. Sunday
morning.*

NEWS

12th FTW Change of Command scheduled for March 14

By Staff Sgt. Beth Del Vecchio
12th Flying Training Wing Public Affairs

The 12th Flying Training Wing vice commander will take command of the wing during a change of command ceremony March 14.

Col. Jacqueline Van Ovost takes command from Col. Richard Clark at a 10 a.m. ceremony in Washington Circle. In case of bad weather, the ceremony will be held in Hangar 4.

Colonel Clark leaves the wing for a year-long assignment to Camp Victory, Iraq, as Chief of Aviation. He has com-

manded the 12th FTW since January 2006.

Colonel Van Ovost has served as 12th FTW vice commander since July 2007.

Prior to her assignment here, Colonel Van Ovost completed a three-year tour at the United States Transportation Command at Scott Air Force Base, Ill. She is a command pilot with more than 3,900 hours in several mobility aircraft including the C-17A, C-141B and KC-135R and is qualified as a T-1A instructor pilot.

Colonel Van Ovost is the 12th Flying Training Wing's first female commander.

Schedule of Events

March 13

- 1-3 p.m. Change of command practice, Washington Circle

March 14

- 10 a.m. Change of command ceremony, Washington Circle
- 11 a.m. Reception/receiving line, Randolph Officers' Club

Road Closures for Ceremony

- Harmon Drive from New Street East and Washington Circle will be closed from March 13 at 8:15 a.m. until March 14 at 1 p.m.
- New Street East from Base Housing Office to Fifth Street

East will be closed from March 13 at 4 p.m. until March 14 at 1 p.m.

- Parents dropping off or picking up students at Randolph Elementary will have access to the Housing Office parking lot from New Street East the afternoon of March 13 and the morning of March 14. School busing will not be affected.

Inclement Weather Plan

- In event of inclement weather, the ceremony will be held in Hangar 4, the schedule will remain the same.

Air Force announces incoming AETC commander

By Tech. Sgt. Mike Hammond
Air Education and Training Command Public Affairs

Air Force leaders named the commander of Air University as the future leader of Air Education and Training Command Feb. 28.

President George W. Bush nominated Lt. Gen. Stephen R. Lorenz, Air University commander at Maxwell AFB, Ala., for his fourth star and to succeed Gen. William R. Looney III as commander of Air Education and Training Command.

In fulfilling its mission to develop America's Airmen today for tomorrow, AETC recruits, trains and educates Airmen throughout their careers. Every Air Force officer and enlisted member is touched by the command at some point.

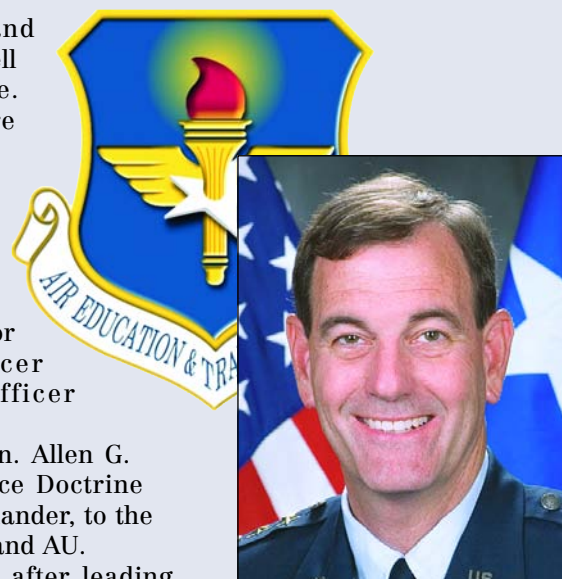
More than 84,000 people, including active duty, Guard and Reserve members – along with government civilians and contractors – make up AETC. The command is also responsible for an inventory of more than 1,500 aircraft.

Air Education and Training Command includes two numbered Air Forces, as well as AU and Air Force Recruiting Service. The annual budget for Fiscal 2008 is more than \$6.9 billion.

General Lorenz has led AU since October 2005. Air University provides the full spectrum of Air Force education including degree-granting and professional continuing education. As AU commander, he is also responsible for officer commissioning through Officer Training School and the Reserve Officer Training Corps.

The president also nominated Maj. Gen. Allen G. Peck, AU vice commander and Air Force Doctrine Development and Education Center commander, to the grade of lieutenant general and to command AU.

General Looney is scheduled to retire after leading AETC since June 2005.



Lt. Gen. Stephen Lorenz

New online master's program for AF civilians now available

Eligible Air Force civilians have until March 14 to apply for a new online master's degree program offered this June by Air University's Air Command and Staff College.

The two-year program, for civilians GS-11 and above and pay band 02 and above who don't already have their master's degree, consists of 33 semester hours and includes 11 eight-week courses that explore modern Air Force operations and leadership.

"For the first time, Air University is

offering Air Force civilians the opportunity to earn an online master's degree at no cost to students other than books," said Suzette Daniel, a human resource specialist who serves as the course's program manager at the Air Force Personnel Center here. "This program offers our civilians a great force development opportunity to earn an advanced degree from an accredited institution."

After successfully completing the program, students earn a master's degree in Military Operational Art

and Science. In addition, completion of this program satisfies the requirement of Joint Professional Military Education and intermediate level PME.

Ms. Daniel said this new program is separate from ACSC's other traditional learning courses and that space will be limited for June's pilot class.

"For the upcoming session, Air University will support about 30 people," Ms. Daniel said. "They want to first gauge the response and see how many people are interested before

they decide to expand future quotas."

Once enrolled, students are required to complete the program on their own time. To apply, scan and e-mail an AF Form 4059 to the global group box, "AFPC/DPIF Leadership Programs."

For more information, call AFPC's Leadership Development Branch at 565-2524 or contact your career functional team representative at AFPC.

(Courtesy of Air Force News Service)



Promotions announced

Air Force officials announced the newest Colonel, Lieutenant Colonel and Major selects Tuesday. Team Randolph's selects are:

The following Team Randolph member was selected for promotion to Colonel:

Air Education and Training Command

Lt. Col. Jerry Pitt

The following Team Randolph members were selected for promotion to Lieutenant Colonel:

AETC

Maj. James Herrick

Maj. Michael Love

Maj. Cynthia Stanley

19th Air Force

Maj. Peter Jacob

560th Flying Training Squadron

Maj. Michael Biorn

Maj. Daniel Ferris

Maj. Douglas Hamlin

Maj. Aaron Kerkman

Maj. Gregg Kopeck

Air Force Personnel Center

Maj. Shannon Driscoll

Maj. Robert Folsom

Maj. Russell Garner

Maj. Michael Hayes

Maj. Timothy Moser

Maj. Thomas Pauly

Maj. Aaron Rarey

Maj. Patrick Thompson

Maj. Randal Walker

Air Force Services Agency

Maj. Timothy Telega

Air Force Legal Operations Agency

Maj. Bryan Watson

12th Operations Group

Maj. Shane Smith

559th Flying Training Squadron

Maj. Jack Colquitt

Maj. Lyndon Milliner

661st Aeronautical Systems Squadron

Maj. Robert Barker

The following Team Randolph member was selected for promotion to Major:

12th FTW

Capt. Deric Prescott

News BRIEFS

Senior Master Sgt. promotions

Randolph's Top-3 and 12th Flying Training Wing leadership will congratulate newly selected senior master sergeants Wednesday at 1:30 p.m. at the enlisted club. The event will be open to the public at 3 p.m.

For more information, call Master Sgt. Steven Cluxton at 652-9235.

Munitions storage area closure

The 12th Logistics Readiness Division Munitions offices and the munitions storage area will be closed to normal business March 17-21 for the semiannual 100 percent inventory of ammunition and explosives. Only emergency issues can be honored during this period.

Call 652-3361 or 652-6780 for any questions or concerns.

BCAA meeting

The Randolph Black Cultural Awareness Association will meet Thursday at 11:30 a.m. at the Golden Corral restaurant on Pat Booker Road. Call Master Sgt. Varnell Johnson at 652-9729 for details.

HazMart Free-Issue Program

The 12th Logistics Readiness Division Materiel Management Flight reminds Team Randolph members that procedures for requesting turn-in and free issue of hazardous materials purchased through the base supply system are included in the 12th LRD Operating Instruction 20-107, HazMart Free Issue Program.

For more information, check the 12th LRD home page or call 652-5681 or 652-5682.

Anthropometric survey

Team Randolph aircrew members are needed for an anthropometric survey under way in Hangar 71. A team from the Air Force Research Laboratory, Human Effectiveness Directorate, at Wright-Patterson Air Force Base, Ohio, has brought a large 3-D scanner and will be on-site for several weeks up to a few months. The survey is the first large-scale measurement of Air Force aircrew in 40 years.

Call 652-6695 to volunteer.

Pediatric dental patients sought

The Department of Pediatric Dentistry in the 59th Dental Training Group at Lackland Air Force Base is looking for patients between the ages of 6 and 10 in need of dental treatment.

Patients selected must be capable of tolerating traditional in-chair dental treatment without sedation.

Interested parents of all eligible active-duty or retiree beneficiaries can arrange for a dental screening by contacting Staff Sgt. Dianet Santos at 292-4072 or by e-mail at dianet_santos@lackland.af.mil.

Volunteers needed for Brooks study

The Air Force Research Laboratory at Brooks City-Base is looking for moderately fit men and women ages 18-39 to participate in a research study titled "The Effect of Whey Protein and Leucine Supplementation on Physical and Cognitive Performance." Subjects will be reimbursed for their time.

For more information, call 1st Lt. Julia McGregor, 536-6865, or 1st Lt. Jessica Smith, 536-4777.

New program helps Airmen avoid payday loans

By Master Sgt. Jon Hanson

Air Education and Training Command
Public Affairs

Team Randolph Airmen in need now have an interest-free alternative to high-interest payday loan establishments.

The Air Force Aid Society has started a new quick loan program called Falcon Loan, which began Monday.

The Falcon Loan is a loan of \$500 or less that can be used for emergency needs such as basic living expenses (rent, utilities, food), car repairs, emergency travel or other approved needs.

The program is available to active-duty Air Force mem-

bers, or spouses with a power of attorney, stationed at an Air Force base with an Airman and Family Readiness Center. Individuals cannot have a current AFAS loan. Air Force Reserve and Air National Guard members activated on Title 10 orders at the time of application are also eligible for a Falcon Loan.

The member is required to repay the loan within 10 months or by their expiration of term of service, if less than 10 months.

Steve Mayfield, Randolph A&FRF community readiness consultant, said base members interested in a Falcon Loan can talk with an A&FRF

readiness consultant.

Applicants only need to bring the AFAS Financial Assistance Application (available at www.afas.org or the A&FRF), an Air Force ID card and current Leave and Earnings Statement. Air Force Reserve and ANG members need to bring a copy of their Title 10 United States Code orders and a voided check.

Mr. Mayfield said the Falcon Loan gives Team Randolph members a chance to get their financial situation in order without going further into debt.

"The Falcon Loan has zero percent interest," he said. "Base members will be able

to follow up with a financial counselor who will assess their current financial situation and assist them in enhancing their financial readiness posture so they won't have to use another loan in the future."

"We put a lot of thought into changing the application process to make it more streamlined and efficient," said Jim Delaney, AFAS chief operating officer and retired Air Force colonel.

Another big push was to make the process unobtrusive. Individuals aren't required to get their commander's or first sergeant's approval.

"We think this is an impor-

tant part so people don't think this will affect their careers," Mr. Delaney said.

"The Falcon Loan is a great new program for Airmen in need," said Gen. William Looney III, Air Education and Training Command commander. "This gives every Airman – enlisted and officer – a means to avoid high-interest payday loan places. The Air Force Aid Society has made it simple for Airmen to get the interest-free money they need for emergencies."

For more information on the Falcon Loan or other AFAS assistance, call the A&FRF at 652-5321 or visit the AFAS Web site at www.afas.org.

Commander's Action Line

Call 652-5149 or
e-mail randolph.actionline@randolph.af.mil

While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better.

In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. Richard Clark

12th Flying Training Wing commander



ON THE COVER

Cols. Kevin Gilroy (left) and George Day unveil the Medal of Honor Memorial Wall at the Airmen's Heritage Park grand opening here Thursday.
(Photo by Don Lindsey)

WINGSPREAD

12th Flying Training Wing

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Editorial content is edited, prepared and provided by the Public Affairs Division of the 12th Flying Training Wing in accordance with local policy and style guidance. All photos, unless otherwise indicated, are U.S. Air Force photos.

Articles for the newspaper should be submitted by noon Thursday the week prior to the desired publication date. Items can be dropped off on a PC- or Macintosh-formatted disk at the Wingspread office in Hangar 6.

Articles may also be sent by e-mail to randolph.wingspread@randolph.af.mil or by fax at 652-3142. For more information about submissions, call 652-5760.

COMMENTARY

Airmen accept challenges to achieve greatness

By Master Sgt. Colleen Blake-Harris
379th Expeditionary Logistics Readiness
Squadron

SOUTHWEST ASIA – Colin Powell, Soldier, statesman and retired Army general, wrote, "Organization doesn't really accomplish anything. Plans don't accomplish anything either. Theories of management don't

much matter. Endeavors succeed or fail because of the people involved. Only by attracting the best people will you accomplish great deeds."

The Air Force's greatest resource is our Airmen. Some of you may consider this statement the "company line," while others may have worked side by side with an Airman that has inspired, encouraged and challenged you. Know without a doubt that Airmen are our greatest resource.

I remember my first day at my first permanent duty station. I was greeted by my young and enthusiastic supervisor. His battle dress uniform was starched so stiffly that he could barely sit down. His customs and courtesies were above reproach and he possessed a phenomenal work ethic. It didn't take me long to figure out that a lot would be demanded and expected of me.

For weeks, I watched my supervisor. I began to admire his positive attitude, self-discipline and loyalty. I knew without a doubt that I wanted to be like my supervisor. He set the example. I was attracted to what exuded from my supervisor – duty, honor and commitment to the Air Force and our great nation.

Every day of my 17 years of service, I see many Airmen just like my first supervisor. These Airmen have not just contributed to the mission, they made the mission happen.

The Air Force did not achieve greatness by accepting substandard performance, careless attitudes and wavering commitment. Airmen achieved greatness in 1949 by supplying 2.2 million people in the Western sectors of Berlin with food, medication and

other life-sustaining items for 15 months during the Berlin Airlift. The Berlin Airlift was an endeavor that other countries thought impossible – a challenge our Airmen accepted and conquered.

In 1989 during Operation Just Cause, Airmen invaded Panama to free the people of Panama from six years of terror and harassment from their military dictator, Manuel Noriega. Our Airmen eliminated Mr. Noriega's organized resistance in just six days.

The historical list of noble, heroic and impressive acts by Airmen is endless. Today's Airmen are no different than those who have previously served. Airmen continue to be a remarkable force in the war on terrorism.

America's footprint has been embedded in the soils of Iraq and Afghanistan because of the great deeds our Airmen accomplished. Today's Airmen are making their own history. No plan or abstract theory accomplished all these great deeds – it was our Airmen.

How do we continue to attract Airmen who will deploy at a moment's notice, miss their first wedding anniversary, the celebration of their children's birthdays and will spend Christmas sitting on a mountain in Afghanistan? How do we continue to attract the best Airmen to accomplish great deeds?

First we set the example by serving with honor and accepting no less than excellence from any Airman. Second, we continue doing what we are doing – being the greatest Air Force in the world.

Thank you for your professionalism, sacrifice and service. I know when I close my eyes at night, the best Airmen in the world are protecting my freedom, my family and me.



The Airman's Creed

I am an American Airman.

I am a Warrior.

I have answered my nation's call.

I am an American Airman.

My mission is to fly, fight and win.

I am faithful to a proud heritage,
a tradition of honor,
and a legacy of valor.

I am an American Airman,

Guardian of freedom and justice,

My nation's sword and shield,

Its sentry and avenger.

I defend my country with my life.

I am an American Airman:

Wingman, Leader, Warrior.

I will never leave an Airman

behind,

I will never falter.

And I will not fail.

INVESTIGATE BEFORE YOU INVEST

Financial program teaches power of compound interest, investing

By Robert Goetz

Wingspread staff writer

Participants in a financial program here Feb. 27 received 90 minutes' worth of advice ranging from how compound interest can work for and against you and how to resist the allure of investment scams.

"Investigate Before You Invest," presented by a former Texas State Securities Board deputy commissioner at the Airman and Family Readiness Center, was one of the special events during Military Saves Week, a Department of Defense campaign that promotes personal financial readiness among Airmen.

Don Raschke, who served as the TSSB deputy securities commissioner for more than three years until he retired last year, focused on financial planning, especially saving and investing, during the first hour of the presentation. A video, "What Con Artists Don't Want You to Know," and a brief discussion rounded out the program.

Using the TSSB's Texas Family Guide to Personal Money Management, Mr. Raschke urged participants to first take inventory of their situation and organize their records, including personal information, bank and savings accounts, credit card information, insurance policies, retirement records and a cash-flow statement.

"The first thing you want to do is sit down and make a list of your

goals," he said. "Then find a centralized place to keep your records."

Mr. Raschke called the cash-flow statement a budget. He said money left after adding up income and subtracting expenses should be applied to savings.

"I suggest that you treat savings like your car payment or any other payment," he said. "Put your name on it. This is the old 'pay yourself first' rule."

Mr. Raschke said the only way to get rich quick is to win in Las Vegas; he recommended that people adopt a systematic plan to "get rich slowly" by saving and wisely investing their money so they can take advantage of the "power of compound interest."

"For younger people, this is really important," he said.

Mr. Raschke said the "Rule of 72" – 72 divided by the rate of return – determines how long it takes to double an investment.

"The sooner you start saving, the better off you are," he said.

But compound interest can be a double-edged sword.

"With credit cards, the same concept can work against you," Mr. Raschke said. "What you have to do is use it wisely and not keep a balance. Some rates can go up to 26 percent."

He said a person who has a \$2,000 balance at 19.8 percent interest and makes the 2 percent minimum payment will take 32 years to pay it off.

"The lesson here is you want to manage your expenses," Mr. Raschke

said. "This is very expensive debt."

He urged seminar participants to pay off their high-interest credit card debt, then "leave it at zero."

Mr. Raschke also discussed investment options ranging from low-risk treasury bills to stocks and mutual funds.

He said investing in stocks requires "a lot of experience, knowledge and time." Diversification is also important, but it may call for more capital.

"If you have less than \$25,000, it's tough to diversify," Mr. Raschke said.

Mutual funds, which are professionally managed and offer a broad array of stocks, require less money, but, like stocks, are a long-term investment, he said.

Mr. Raschke advised participants to look at the fund's prospectus "and see if it is good for you." He also urged them to take care in hiring a financial planner and said the most important thing to ask is how the planner will be paid. Planners who work by commission are paid better if the product is higher-risk, so some may recommend those products.

The video on fraud presented information on pyramid schemes and other investment scams. Warning signs that consumers should watch out for are the promise of sky-high returns, claims of inside information or new technology, the need for little or no risk and pressure tactics.

"Once you're the victim of fraud, your money's gone forever," Mr. Raschke said. "If it sounds too good to be true, it is."



The Power of Compound Interest

"The Rule of 72"

72 divided by the rate of return determines how long it takes to double an investment. An 18-year-old who invests \$5,000 will have double that amount at age 24 based on a 12 percent rate of return, and the money will continue to double every six years (72 divided by 12). The result is a millionaire at age 66.

How time affects money

A person who invests \$2,000 a year for 10 years starting at age 25 will have more than \$500,000 at age 65, assuming a 9 percent fixed rate of return. A person who waits until age 35 would have to invest \$2,000 a year for 31 years to make \$352,427, assuming the same return.

How it works against you

A person who has a credit-card balance of \$2,000 at 19.8 percent interest and makes the 2 percent minimum payment will take 32 years to pay it off.

*Don Raschke, former deputy commissioner, Texas State Securities Board
From the presentation "Investigate Before You Invest"*



WHO'S YOUR WINGMAN?

THERE ARE SOME THINGS IN LIFE THAT JUST
WEREN'T MEANT TO BE HANDLED ALONE ...

IF YOU NEED A WINGMAN THE BASE CHAPLAIN,
THE LIFE SKILLS COUNSELORS, AND THE PEOPLE
AT 1-800-SUICIDE (784-2433) ARE READY TO HELP.

ONE SUICIDE IS ONE TOO MANY

SPOTLIGHT

Name
Master Sgt. Manuela Henning
Unit
Air Force Personnel Center
Duty Title
Team Lead, AF Training
Management
Time in Service
16 yrs

Education
• BM in Music Theory &
Composition, Hardin-Simmons
University, 1987
• AAS in Ecological Controls,
CCAF
• AAS in Education & Training
Management, CCAF
• MS in Management, Troy State
University, 2002

Future goals
After retirement, I plan to pursue a teaching career either as a corporate trainer or college professor. I also plan to build my own kiln some day and throw pottery, along with continuing to pursue my many other arts & crafts interests.



Master St. Manuela Henning created this charcoal drawing from a photo that was taken of her when she was two years old.

Women's History Month Women's Art: Women's Vision

This year's theme provides a special opportunity to discover and celebrate women's visual arts in a variety of forms and mediums that help expand our perceptions of ourselves and each other.

What inspires you most?

People, animals, nature and the quote, "I can do all things through Christ, who strengthens me," (Phillippians 4:13). Traveling Europe and the Far East has yielded great opportunities for inspiration.

How will you celebrate Women's History Month?

I've been involved in the planning and execution of the events Randolph has planned for this month and encouraging those around me to do the same. It's something I enjoy being a part of. It's the one time during the year, we can take stock and celebrate our rich heritage and culture.

How do you hope others perceive you?

I'd like to think I'm an optimistic realist. I hope others perceive me as someone they can trust and rely on.

How do you hope young girls will remember your generation of women?

We are the generation of women who benefit from the challenges of our mothers who fought for equal rights in the 1960s and 1970s. We're challenged with having it all, both a family and a career. I hope future generations of women learn from our mistakes and understand a balance must be struck between the two.

Q & A

What woman, in life or history, has most influenced you?

I would have to say my mother. She always encouraged me to follow my own vision and creative muse. My mother is an artist in her own right, so I had plenty of opportunities to observe and learn early on.

In what way do you try to inspire female coworkers, family and friends?

That's a tough question to answer. I asked my mother that question and she said "by doing what you do and being the person you are...your kindness, your singing like a bird, your being a painter, your creativity..." I guess that says it all.

MOVIES

Randolph Movie Theater - 652-3278

Adults - \$4.00

Children (11 yrs. and under) \$2.00

"Meet the Spartans"

Carmen Electra, Diedish
Bader
Friday, 7 p.m.
Rated PG-13, 88 min.

"Cloverfield"

Michael Stahl-David, Mike
Vogel
Saturday, 6 p.m.
Rated PG-13, 90 min.

"Rambo"

Sylvester Stallone, Julie Benz
Sunday, 3 p.m.
Rated R, 93 min.

Former Dallas Cowboy brings perspective of life, faith to Randolph prayer breakfast

By David DeKunder
Wingspread staff writer

Former Air Force pilot and professional football player Chad Hennings encouraged Team Randolph members to "balance" their lives and focus on the important things – faith and family – during the base's observance of the National Prayer Breakfast Feb. 27.

Mr. Hennings, a U.S. Air Force Academy graduate who won three Super Bowl titles with the Dallas Cowboys, spoke before base members at the Randolph Enlisted Club. Col. Richard Clark, 12th Flying Training Wing commander, invited Mr. Hennings to speak at the prayer breakfast; the two played football together at the Air Force Academy in the 1980s.

Mr. Hennings said there are four things that guide his life, faith and relationship with God on a daily basis.

"Imagine a cross," Mr. Hennings said, "which has four points – physical, mental, family and community. Just as Jesus Christ is the center of the cross, life is a balance of

those things. The question is how do you gain and maintain that balance?"

Using faith as their guide, Mr. Hennings said people should focus their lives on doing good for their families and others, not just themselves.

"We are so ingrained with the idea of the 'great American work ethic' and striving for success, that we lose perspective of what is important," Mr. Hennings said. "Your faith is what keeps everything in perspective and keeps life in check."

Raised on a farm near Keystone, Iowa, Mr. Hennings said his parents instilled in him a strong work ethic that made him into a standout football player and state wrestling champion in high school, an all-conference player at the Air Force Academy and 1987 Outland Trophy winner, given to the nation's outstanding lineman, and a two-time Academic All-American.

After leaving the academy Mr. Hennings continued to exhibit the same work ethic as an Air Force pilot. During

his four years in the service, Mr. Hennings worked his way into the Euro-NATO, a training program for top pilots, and earned his wings flying the A-10 Thunderbolt.

Mr. Hennings said God "started to get his attention" while he was flying 45 humanitarian missions in northern Iraq as part of Operation Provide Comfort in the 1990s, which provided relief and aid to Kurdish refugees.

"Every mission we flew we crossed over the Tigris and Euphrates Rivers," he said. "Our Judeo-Christian heritage started in Iraq, and I heard stories from Turkish nationals that Christians were being persecuted in the region, which had a profound impact on me."

After joining the Cowboys in 1992, Mr. Hennings' faith would be tested when his 2-year-old son, Chase, woke up with a fever and flu-like symptoms in February 1996. Mr. Hennings and his wife Tammy took their son to the doctor, but the fever persisted for seven days and his son was in pain.



Col. Chris Weggeman, 12th Operations Group commander, visits with former Dallas Cowboy defensive lineman Chad Hennings at Randolph's National Prayer Breakfast Feb. 27. Mr. Hennings, who was a teammate of Col. Richard Clark, 12th Flying Training Wing commander, on the Air Force Academy football team, was the guest speaker at the event.

Mr. Hennings said as he tried to comfort Chase one day, he came to the realization that he could not ease his son's pain alone. He needed his faith to guide and comfort him.

"Before that, any obstacle I had I could overcome with my work ethic," he said. "I wanted to do anything I could to help my son. God was begin-

ning to talk to me."

While Chase, now 14, deals with the same medical problems he faced as a small child, Mr. Hennings said his faith has sustained him in believing his son will make it.

"I am at peace and more hopeful," Mr. Hennings said. "My perspective of life has changed."

Community BRIEFS

RANDOLPH CHAPEL – 652-6121

• Chapel schedule

For a complete chapel schedule, visit www.randolph.af.mil and click the "chapel" link on the right side.

• Lenten Mission

The Randolph Chapel will host a Lenten Mission Sunday through Wednesday at 7 p.m. at Chapel 2 and Thursday at 7 p.m. at Chapel 1 featuring the Rev. Gerald Kelly, Texas Regional Director of Maryknoll Missions.

AIRMAN & FAMILY READINESS CENTER – 652-5321

• Driving safety

A driving safety course takes place Saturday from 8:30 a.m. to 3:30 p.m.

Call 824-8180 to register.

• "Reunion 101"

A class to help families adjust to the return of a deployed family member takes place Monday from 6-7 p.m. at the A&FRC.

Call 652-5321 for more information.

• Starting Your Own Business

The Small Business Administration will present a program on starting your own business Tuesday from 8-10:30 a.m. at the A&FRC.

Pre-register by calling 652-5321.

• Home Alone class

A one-hour class designed to prepare children ages 10 and older to be left unattended in base housing for short periods of time takes place Tuesday from 5-6 p.m. Children and parents must attend this class together.

To register, call 652-3828.

• Waiting Families Night Out

The Airman and Family Readiness Center hosts an evening meal and fun activity for families separated from their loved ones due to a deployment or remote tour Wednesday from 5:30-7 p.m. at the A&FRC.

To sign up, Call 652-5321.

• Key Spouse Program

Recurring training for volunteers in the Key Spouse Program takes place

Wednesday from 8:30-10:30 a.m. at the A&FRC. The goal of the program is for volunteers to serve as an additional conduit of information between the families of military members on remote tours or deployment and the A&FRC or unit leadership.

Call 652-5321 for more information.

• Interview skills workshop

A workshop to help servicemembers prepare for upcoming job interviews takes place Thursday from 8-11 a.m. at the A&FRC. Topics will include how to research prospective employers, how to answer questions and how to dress.

Call 652-5321 to sign up.

• Dinner

A dinner for all Randolph military families experiencing a separation due to deployment or remote tours takes place March 26 from 4:45-6 p.m. at the Airmen's Dining Facility, Building 860, 1st Street West.

Call your first sergeant or the A&FRC at 652-5321 by March 14 to reserve a seat.

MISCELLANEOUS

• National Parks America Tour

Volunteers are needed for the sixth annual National Parks America Tour Saturday at San Antonio Missions National Historical Park.

To volunteer, call 932-1002, ext.223.

• Job fair

The semiannual San Antonio Military Community Job Fair takes place March 28 from 8:30 a.m. to 3 p.m. at the Live Oak Civic Center, 8101 Pat Booker Road.

EDUCATION CENTER – 652-5964

• Park University

Registration continues through Saturday for Park University's Spring II term, which begins March 17 and ends May 11.

For more information, e-mail rand@park.

• Wayland Baptist University

Wayland Baptist University offers a 124-credit-hour undergraduate degree in justice administration, human serv-

ices and occupational education, among others.

Call 945-8379 for details.

• ERAU

Walk-in registration for the 08/S3 spring term at Embry-Riddle Aeronautical University begins Monday. Call 659-0801 for more information.

• ACCD

The Alamo Community College District's St. Philip's College is registering students for the Flex II term, March 10-May 11.

Complete the online application at www.applytexas.org and visit the ACCD office in the education center, Building 208.

Call 659-1096 for more information.

• St. Mary's University

Next week is spring break. No classes are scheduled, but business offices will be open with minimum staffing.

Call 658-4852 for more information.

CROSSWORD PUZZLE

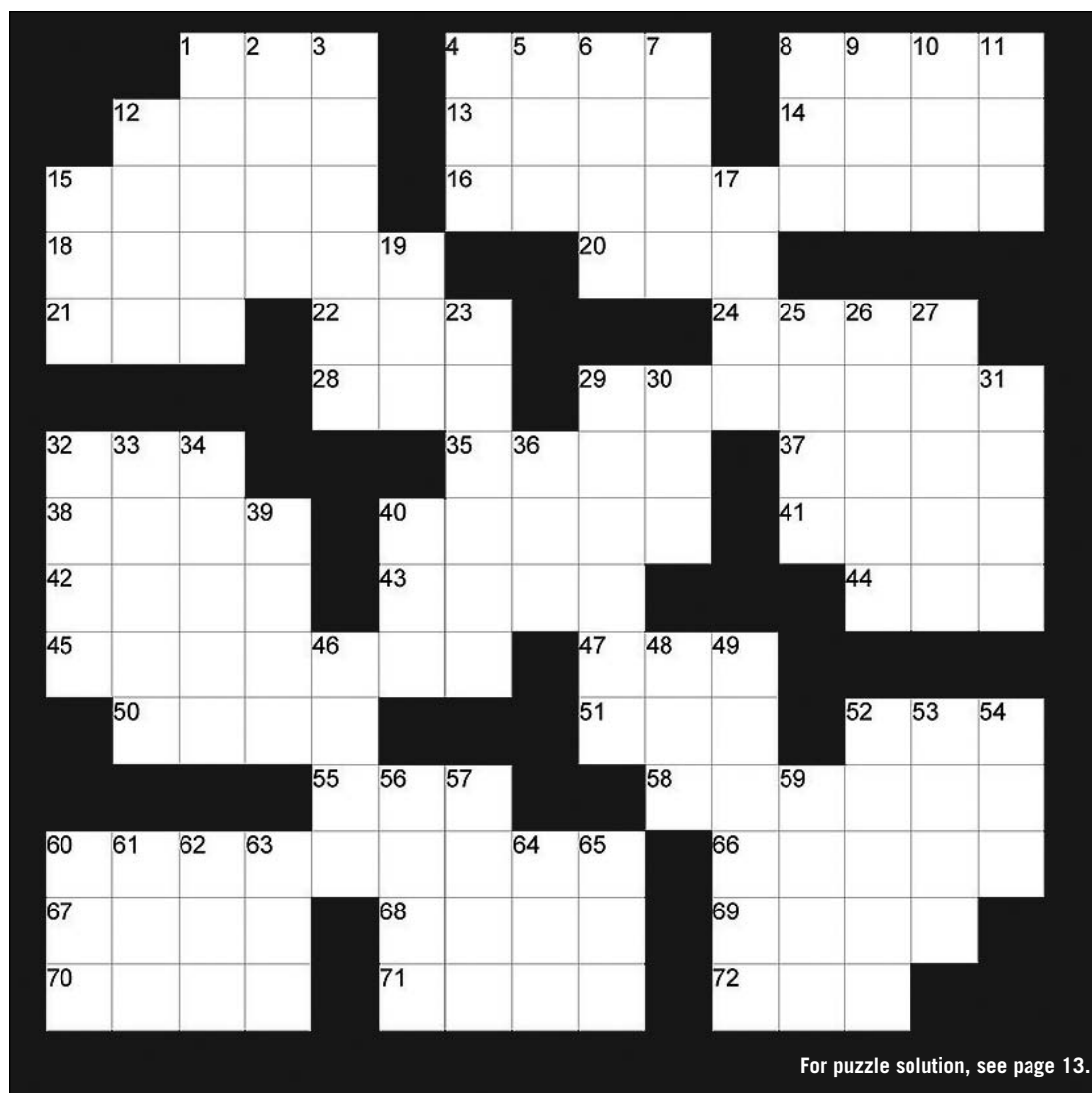
ACROSS

- 1 Strike
- 4 Cartoon Hi & ____
- 8 Patronizing person who ignores people as socially inferior
- 12 Of a certain unspecified number, amount, or degree
- 13 ____ Bradstreet; first published American woman writer
- 14 Janet ____; first woman U.S. Attorney General
- 15 Alabama Crimson Tide coach Nick
- 16 Shoshone guide and interpreter for Lewis & Clark expedition
- 18 Harriet ____; abolitionist, escaped slave, leader of Underground Railroad
- 20 Laila ____; professional women's boxing champion
- 21 Tarzan actor Ron
- 22 Any beverage made with beaten eggs, usually with alcohol
- 24 ____ Horne; U.S. actress and singing icon
- 28 Cycle and pod prefix
- 29 Sheila ____; first female SECAF
- 32 Tiny, high-pitched sound a cat or kitten makes
- 35 Blood carrier
- 37 Water obstacle; barrier
- 38 Was aglow
- 40 ____ Reese; Emmy-and-Grammy-nominated singer/actress
- 41 States
- 42 Irritate or vex
- 43 Oklahoma town home to Vance AFB
- 44 Banned pesticide
- 45 Eileen ____; first woman to command the Space Shuttle
- 47 Enlisted USAF evaluation
- 50 Drying powder
- 51 Actor Stephen
- 52 ____ Lanka
- 55 Flowing backward or away; decline

- or decay
- 58 Fix or fasten
 - 60 TV show type
 - 66 Newsstand or refreshment stand
 - 67 First man
 - 68 ____ Brockovich; Julia Roberts won Oscar for this title role
 - 69 Hotels
 - 70 ____ Parks; U.S. civil rights icon
 - 71 Ridge or wale on the surface of the body, as from a blow
 - 72 Formerly

DOWN

- 1 Oveta Culp ____; first WAC director, secretary of Health, Education & Welfare
- 2 Officiating priest of a mosque
- 3 One that pays rent to use or occupy land or a building
- 4 ____ Vegas
- 5 Cat ____ Hot Tin Roof
- 6 Former Peruvian empire
- 7 USN SpecOps warrior
- 8 USAF E-3
- 9 ____ Mexico
- 10 Single
- 11 Scarf or stole of feathers, fur, or fabric
- 12 First king of Israel
- 15 Sault ____ Marie, MI
- 17 Coat with gold, gold leaf or a gold-colored substance
- 19 Neither's partner
- 23 Robin ____; actress on "The Women of Brewster Place"
- 25 Terminates
- 26 Greek mythology nymph presiding over rivers and springs
- 27 Synthetic resin derived from glycerol and phthalic anhydride
- 29 Laura Ingalls ____; famed children's author
- 30 ____ jiffy; quickly
- 31 ____ We Forget
- 32 Pulp residue left after the juice is pressed from fruits



For puzzle solution, see page 13.

- 33 1948 Nobel Prize poet, dramatist and literary critic
- 34 ____ Ford; American pop singer, songwriter and record producer
- 36 Cotton gin inventor Whitney
- 39 Archer William; name of a USAF fighter weapons competition
- 40 Lair
- 46 Tea type
- 48 Green vegetable

- 49 Jeannette ____; first woman elected to U.S. Congress
- 52 Appeared with brightness or clearness
- 53 Betsy ____; sewed the first American flag
- 54 Bother
- 56 Make a fermented alcoholic malt beverage, as beer or ale
- 57 Without covering or clothing

- 59 Film; motion picture
- 60 Damage
- 61 Wedding words
- 62 USN equivalent to USAF air base
- 63 "____ Celebrity...Get Me Out of Here!;" reality TV show
- 64 www.af.____
- 65 Picnic pest

(Courtesy of Capt. Tony Wickman
71st FTW Public Affairs)



"RESCUE" IS A MATTER OF PERSPECTIVE ...

If life has you thinking there's no way out,
it's time to call in the professionals.

Your base chaplain, the Life Skills counselors, and the people
at 1-800-SUICIDE (784-2433) are ready to help.

ONE SUICIDE IS ONE TOO MANY

MISCELLANEOUS

• Superb lunch deal

Both clubs offer super lunch deals from all-you-can-eat buffets to special sandwiches. You not only get a terrific lunch at a great price every time you eat at either club but between now and April 1 you can enter to win a 2008 Six Flags Season pass. The drawing will be held on April 2 just in time for you to begin enjoying all the Texas size rides and award winning shows.

All DoD ID cardholders and guests are invited to dine at the clubs. Great food, great prices and a chance to win a 2008 Six Flags Season pass—an unbelievable deal!

BOWLING CENTER – 652-6271

• Spring Break bowling special

Make plans to visit the bowling center during your Spring Break for an afternoon of bowling fun. Enjoy the special rate of \$1.75 per game, per person plus \$1.50 for rental shoes. This special price is good between March 10-13 and March 17-20 from 10 a.m. to 4 p.m. You can also get a delicious ICEE for only \$1.50.

• COLORAMA bowling

Colorama bowling is March 14 & 28 at 7:30 p.m. The entry fee is \$10 per person with optional side pots available. Call the Bowling Center for more information.

ENLISTED CLUB – 652-3056

• March Madness coming

Watch the first round of March Madness in Gil's Pub and enjoy the lunch special, which is a mountain of seasoned fries and 12 BBQ wings for only \$8.95 for members or \$10.95 for nonmembers. For evening games enjoy the evening special of Super Nachos which consists of tortilla chips, diced onions, sliced jalapenos, and bean

12th Services Briefs

dip all smothered in a hot cheddar sauce with a pitcher of domestic beer for only \$9.25 for members or \$11.25 for nonmembers. Salsa can be served on the side for \$4.95.

• Pajama party in the Nite Club

Wear your favorite pajamas and dance the night away on March 14 in the Nite Club starting at 8 p.m. DJ Doc will have prizes for the person dressed the "cutest". If your pajamas are green your name will be entered into a special drawing in observance of St Patrick's Day.

FITNESS CENTER – 652-2955

• St Patrick's Day 5K

Think you're fast enough to catch a Leprechaun! Come out to Eberle Park on March 17 at 7 a.m. for the St Patrick's Day Dash and show us what you've got. The first fifty participants will receive a free t-shirt!

GOLF COURSE -652-4570

• March Madness

You can golf for half price (\$11) on Mondays during March, whether riding or walking. What an unbelievable deal—definitely the best price in San Antonio!!

• Lockers

Are you tired of lifting your clubs in and out of your vehicle? Are your clubs taking up valuable space in your garage? Make life easier for yourself and rent a locker for only \$60 per year. Lockers are available now but reserve yours now since they rent quickly.

INFORMATION, TICKETS & TRAVEL – 652-5640

• Texas Treasure Casino trip

ITT has planned a full day of gambling along the Corpus Christi coastline on April 5. In addition to gambling, you can sit on the deck and take in the beautiful coastline, enjoy a show or partake of the international buffet.

The bus departs from ITT at 7 a.m. and returns 9:30 p.m. They stop for meals both ways at the customers' expense. The cost is \$35 per person, which includes round trip motor coach transportation, an international buffet and live entertainment. You must be 21 years of age and have a picture ID.

OFFICERS' CLUB – 652-4864

• Comedy night

The "Counselor of Love", Barry Neal, from Los Angeles is visiting the Officers' Club March 13. You may purchase your tickets now at the cashier's cage. Along with this fantastic show you can look forward to an exquisite dinner and champagne. The menu consists of London Broil, New Orleans stuffed chicken with bourbon sauce, garlic herb tilapia, cous cous ala Dianne, roasted new potatoes, balsamic vegetables and a variety of rolls & cheesecakes.

Advance tickets are \$40 for members or \$45 for nonmembers. Tickets purchased at the door on the day of the event will cost \$10 more. This event is open to all DoD ID cardholders.

• St. Patrick's Day celebration

Celebrate the "blarney" on March 14 in the Auger Inn. There will be party favors, Irish Eats, and Green Beer throughout the evening. The "Worx" band will play from 6:30-10:30 p.m.

YOUTH CENTER – 652-3298

• Easter Egg hunt

The annual Easter egg hunt for children is on March 15 at 10 a.m. at Eberle Park. There will be three age groups: children 2-5, 6-8 & 9-12 years old. There will be special prize eggs for each age group. Please bring your own basket to collect the eggs.

PING

Demo Day
March 19 2-6 p.m.



Join us at the Golf Course for this great demo! There will be four professional club fitters available to help customers into the right set of irons.

Demo attendees will receive a coupon for a taco bar at the Tee Time Deck & margaritas will be \$3.

Come out and let Ping analyze your swing and give you tips on how to get the most distance and accuracy!

Ways to Celebrate Easter

Enlisted Club Easter Eggstravaganza

March 23

11:45 a.m. and 2:15 p.m.

Randolph Enlisted Club members may make reservations until March 11. All others start March 12

Price

\$17.75/Adult members or
 \$19.75/Adult nonmembers
 \$8.75/Members' children or
 \$10.75/Nonmembers' children
 (6 - 12 years)

Officers' Club Easter Brunch

March 23

Randolph Officers' Club members may make reservations now. All others may make their reservations beginning **March 17.**

Seating times

10:30 a.m., 11 a.m., 11:30 a.m.
 Noon, 1 p.m., 1:30 p.m.
 2 p.m. and 2:30 p.m.

Price

\$19.95 for adult members
 \$8.50 for members' children ages 5 - 12
 \$21.95 for adult nonmembers
 \$10.50 for members' children ages 5 - 12
 children under 5 are free

Reservations are required. Please call the Enlisted Club at 652-3056 or the Officers' Club at 652-4864 to make reservations.

Honoring Randolph's History

By David DeKunder
Wingspread staff writer

"Today we stand in a nine acre tribute to the best air and space force in the world. This park honors the sacrifices of those who came before us and built the Air Force on the foundation of its core values. They built this Air Force so that we can be proud to wear the uniform and uphold its core values. Let's enjoy the park and take it to heart."

Col. Richard Clark
12th Flying Training Wing commander

Vietnam War heroes, base officials dedicate Airmen's Heritage Park

Two Vietnam War heroes and base officials dedicated Randolph's newest addition, the Airmen's Heritage Park, during a grand opening ceremony Thursday.

Col. Richard Clark, 12th Flying Training Wing commander, gave the opening remarks and retired Air Force Cols. George Day, a Medal of Honor recipient, and Kevin Gilroy, an Air Force Cross recipient, were the guest speakers.

The Airmen's Heritage Park, which is located in the old Wherry housing area near the main gate, covers nine acres and is dedicated to the Airmen who have served and continue to serve in the Air Force.

Rosa Quinones, 12th Civil Engineer Division deputy engineering branch chief, said the park recognizes

Randolph's role in military aviation history and the distinguished Airmen who were part of it.

"The park honors the history of the base and recognizes the Army Air Corps and Air Force Medal of Honor recipients from World War I, World War II, the Korean War and Vietnam War eras," Ms. Quinones said.

The new air park has a Medal of Honor Memorial that displays the Army Air Corps and Air Force Medal of Honor recipients, the capacity to display aircraft that have flown at Randolph during its 78-year-old existence, statues of distinguished Airmen who came through Randolph and an exhibit wall of the new Airmen's Creed.

The Medal of Honor Memorial stands in the park and displays Medal of Honor winners throughout history. Unveiling the memorial was meaningful for Colonel Day, who is one of 17 Airmen to have

received the Medal of Honor since the Air Force's inception in 1947. The Medal of Honor is the highest award bestowed upon a member of the armed forces for valor in action against an enemy force.

Colonel Day received the Medal of Honor for his bravery in Vietnam, where he was a prisoner of war after his aircraft was shot down over North Vietnam in 1967. Despite being tortured in a prison camp, escaping before being recaptured and suffering many debilitating injuries, Colonel Day resisted efforts by his North Vietnamese interrogators to give up critical information about U.S. air movements. His bravery in the face of torture helped save the lives of fellow pilots who were still fighting the enemy.

Colonel Gilroy was honored with the Air Force Cross, which is the Air Force's second highest award next to the Medal of Honor.

Colonel Gilroy was cited for his actions as an F-105 Thunderchief Electronics Warfare Officer in Vietnam. Despite heavy battle damage to the aircraft, he helped guide his pilot in attacking and destroying a surface-to-air missile installation, which protected one of the most vital industrial complexes in North Vietnam.

Randolph's Airmen's Heritage Park has amenities that can support a variety of uses and activities by active duty personnel, their families and retirees. This includes a pavilion, a half-mile walking path with benches, a playground and public restrooms.

Future plans call for a 400-seat capacity, open-air amphitheater and the additional parking that will be needed.

The air park's landscaping is reflective of the plants native to the South Texas region and rockwork that blends with the trees that grow in the area.

"I am just delighted with the custom at Randolph of recognizing the significance of our history and the future. None of us who received the Medal of Honor could have done it on their own. It was a joint effort. I am touched by this kind gesture."

Retired Col. George Day
Medal of Honor recipient

AIRMEN'S HERITAGE PARK



The nine-acre park is located in the old Wherry housing area near the main gate.



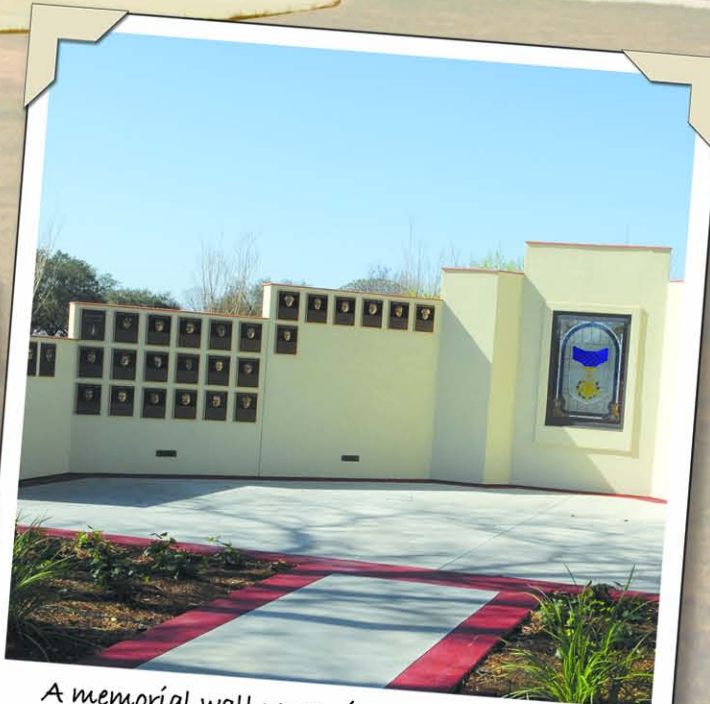
This sized-down model of the F-22 Raptor stands in the park. Several static displays will be added later.



A public restroom is one of the many amenities offered to friends and families of Randolph.



Patrons can enjoy the half-mile pathway that winds throughout the park.



A memorial wall recognizes Medal of Honor recipients throughout Air Force history.

SPORTS and FITNESS

MARCH IS AF NUTRITION MONTH

By Maj. Joyce Warrington, RN
12th Medical Group

The importance of good nutrition is nothing new. As early as 400 B.C., Hippocrates, "the father of medicine" said, "let food be your medicine and medicine be your food."

Luckily, we have made great strides in the way we manufacture, store, prepare and distribute food since Hippocrates' time, but unfortunately the abundance of such "good medicine" is often seen in our growing waistlines.

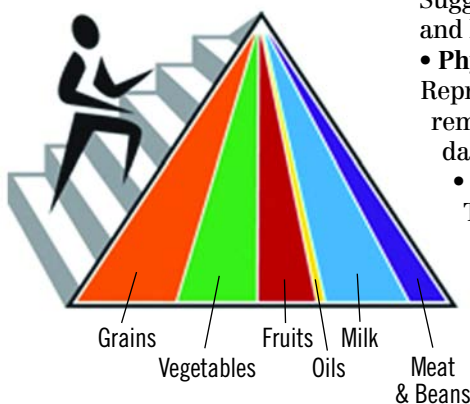
Heart disease, cancer, stroke and diabetes are four of the 10 leading causes of death in the U.S. and are directly related to how people eat.

A healthy diet and regular exercise can decrease the risk factors for these conditions and can lead to a longer happier life.

One tool to help guide us is called "MyPyramid." Developed by the U.S. Department of Agriculture in 2005, the MyPyramid food guidance system provides many options to help people make healthy food choices and to be active every day.

Unlike the original food pyramids of the early 90's, this system emphasizes the need for a more individualized approach to improving diet and lifestyle. In addition to showing the recommended food groups, physical activity is also addressed.

The new pyramid shows the recommended proportion of foods from each food group and focuses on the importance of making smart food choices every day.



MyPyramid.gov
Steps to a Healthier You

Of course, food alone isn't the key to a longer and healthier life, a clinic nutritionist said. Good nutrition should be part of an overall healthy lifestyle that includes regular exercise, no smoking or drinking alcohol, stress management and limiting exposure to environmental hazards.

According to experts, parents should teach their children how to lead healthy lives. The best time to start teaching these lessons to children is when they're young, before unhealthy choices become lifelong bad habits.

Experts add, "Pay attention to the kinds of food you buy. Have plenty of fresh fruits and vegetables available, be aware that even "low-fat" foods may include unwanted ingredients such as added sugar, serve a variety of healthy foods and use appropriate portion sizes."

Officials encourage physical activity for both parents and children by making physical activity part of the family's routine.

A person can dramatically improve their overall health by making modest dietary improvements and incorporating regular physical activity into your daily life.

For further information on nutrition and exercise, visit www.MyPyramid.gov or call the Randolph Health and Wellness Center at 652-2300.

The MyPyramid chart illustrates:

- **Personalization:**

Recommended amount of food to eat each day.

- **Gradual improvement:**

Suggested steps to improve diet and lifestyle.

- **Physical activity:**

Represented by the steps as a reminder of the importance of daily physical activity.

- **Moderation:**

The wider base stands for foods with the most nutrition from calories to be consumed.

- **Proportionality:**

Shown by the different widths of the food group bands

- **Variety:**

Six color bands represent the five food groups and oils.

5K Commemorative



Photo by Steve White

Team Randolph members participate in the 5K run at Eberle Park early in the morning Wednesday. The run was held in recognition of Women's History Month.

Track team aims for third state title

By David DeKunder

Wingspread staff writer

Randolph High School girls track coach Misty Kinsey is not easing off the expectations as the two-time state champion Lady Ro-Hawks prepare to defend their title this year.

The Lady Ro-Hawks, who started their season at the DeKunder Relays in Marion with a third place finish, have set high goals as they aim for a return trip to the state track and field meet in May.

With six girls returning from last year's team that won its second Class 2A state title in a row, Kinsey is cautiously optimistic about the Lady Ro-Hawks' chances of going for a third state championship.

"We will have to do our best to meet our full potential," she said. "If that is good enough to win a third state title, then that will be great."

"We can definitely contend, Ms. Kinsey said. "The girls know what my expectations for them are."

The Lady Ro-Hawks' chances of making a return trip to the state meet in Austin start with senior Jayla McArthur. McArthur, who was named San Antonio Express-News Girls Track Athlete of the Year in 2007, won the four events she competed in at state last year.

McArthur is aiming for her fourth straight trip to state, having won a total of nine medals in the three state meets

she has competed in.

Kinsey said McArthur is going to work even harder to better her performances from last year.

"Part of being an athlete is constantly setting goals and accomplishing them," Kinsey said. "Jayla set personal records last year in the long jump and 400-meter run at state. Her goal this year is to better those personal records."

McArthur leaped 18 feet, 11 inches in the long jump at state and won the 400 in 56.41.

Jasmine Kent, a junior, finished third in the 100-meter hurdles and ran the first leg of the winning 1,600-meter relay at state as a sophomore last year.

Kinsey said Kent has the ability to raise her performance to the next level this year.

"Jasmine was thrilled when she placed third at state," Kinsey said. "She wants to do even better at state this year."

Senior Caitlin Carter, junior Tamoya Morrison and sophomore Sydney Solomon have experience running on relay teams at state.

Sophomore Kenya Alexander was an alternate at state for both the 400- and 800-meter relays.

Kinsey said there are a couple of up and coming freshmen who could contribute to the team's success. Time and performances will determine whether those freshmen can do that.

Sports BRIEFS

Fitness Center Tennis Courts

Tennis courts 1 and 2, which are located behind the fitness center, are closed due to repair work that is being done.

Special Twilight Pricing

Effective March 9 regular Twilight pricing begins at 3 p.m. daily and the cost for a round of golf with cart is \$14 per person. Super Twilight pricing begins at 5:30 daily and the cost for a round of golf with cart is \$10 per person.

Nite Hoops Registration

Register for Nite Hoops through May 30, Mon. - Fri. from 9 a.m. to 5 p.m. and Sat. 10 a.m. to 4 p.m. Nite Hoops is free for youth center members ages 13-18.

Participants must have a current physical. The Nite Hoops league will run June 1 through Aug. 4.

For details, call 652-2088.

Smart Start Basketball

Smart Start basketball is for children ages 3-4 years old.

Registration takes place through March 8 at the Youth Center. The cost is \$25 per child.

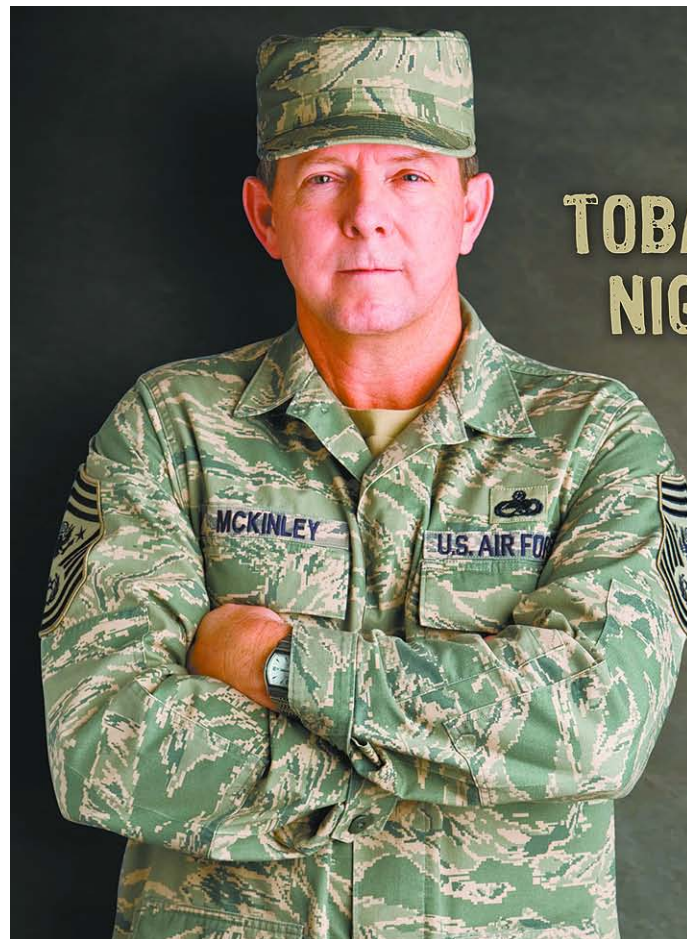
Baseball and Softball

Late registration for boys' baseball and girls' fast pitch softball takes place through March 14 at the Youth Center. The age categories for the sports are as follows: 7-8, 9-10, 11-12, 13-14 and 15-17. The youth must be a member of the Youth Center.

The annual sports fee is \$40.



Solution to puzzle on page 8.



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MISSION READINESS.
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TO HELP YOU QUIT.**

— Rodney J. McKinley
Chief Master Sergeant of the Air Force

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